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FORGET THAT REMEMBER THIS

U of A researchers working on ways to help us hold on to the good memories and let the bad ones fade away

metroNEWS

POLITICS

Minister brushes aside PM's comments

Alberta's finance minister said he is concentrating on governing and not what's being said on the federal campaign trail.

Joe Ceci made the remarks in response to Prime Minister Stephen Harper's criticism of the provincial NDP government Monday. Harper said the new NDP government can't present a budget, but has raised taxes. He said that's a disaster.

The Alberta government is seeking public comments on the budget until Sept. 14., and Ceci is to present the budget some time after the legislature reconvenes on Oct. 26.

"I'll leave comments like Mr. Harper's to the campaign trail," Ceci said Tuesday. "I've done my election. We're here now, and we're governing. And Albertans seem to like what we're doing."

Ceci made the comments after meeting with the Calgary Chamber of Commerce, which he said was productive and cordial. THE CANADIAN PRESS

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IN BRIEF

City struggles to find spare parts for unopened LRT

The safety of Metro Line's Thales-designed signals system has been flagged as the reason for its frustrating 15-month delay, but finding spare parts for that system has also proven a challenge for the city.

On June 17, the City of Edmonton issued a request for proposals (RFP) for "spare parts for Thales signalling system."

But the city cancelled the RFP on the posted closing date, July 6.

Transportation spokesman Graeme McElheran said it was "because there were no bidders."

He said he couldn't speculate why there were no proponents ready to supply parts for the system, but that "a lot of (the parts) are proprietary."

The request was for signal and warning devices and miscellaneous electrical components for the Thales signalling system.

McElheran explained that all parts associated with the signalling system have a two-year warranty period.

"This would be for post warranty," he said of the parts sought in the RFP. "We want to maintain control over an inventory of parts so the system remains reliable."

"It has nothing to do with getting the system up and running; it has to do with the long-term operation of the system.... We are preparing for the future to mitigate the possibility of delays." **BRAEDEN JONES/METRO**



The city marked out where modern parking machines will go but is resolving contracts with suppliers. **RYAN TUMILTY/METRO**

No parking (meters)

TRANSPORTATION

City has to strike two deals for modern machines



Ryan Tumilty
Metro | Edmonton

Coin-operated parking meters will stay for at least a little while longer on Edmonton's streets as the city continues to work out

contracts to introduce modern parking machines.

The machines were supposed to be rolled out starting in June, but Bohdan Maslo, who's overseeing the project, said the city is still working out details on two contracts and doesn't know exactly when they'll arrive.

"At this point I would be hesitant to provide a date," he said. "It all depends on the discussions and how they go. They are moving along, but I can't give a specific date."

The city has to work out two deals: one with the City of Cal-

gary, which is providing the software, and the other with an as-yet-unnamed supplier of the physical machines.

Maslo said that while the contract details are being resolved, the city is working on the installation plan, figuring out exactly where the machines should go.

"We've marked about 300 of the roughly 400 on street locations and we have also engaged the different business revitalization zones."

He said that once they begin, the installations will take about three months and will start with

Old Strathcona, downtown and the 124th Street area.

Downtown Business Association head Jim Taylor said he is not upset about the delay because the city was always being ambitious with the July target.

"I recognize how big a deal it is to get all of these out," he said.

He said he hopes the machines hit the streets while the weather is still warm but generally he is just looking forward to the new system.

"In Calgary they have just been a huge success, and ours are going to be better."

WHITEMUD DRIVE

See digital signs for 'optimum speed'



Braeden Jones
Metro | Edmonton

Congestion on Whitemud Drive may be a thing of the past if the city's tech-based pilot program goes as planned.

On Aug. 11, the city will begin testing an "advisory driving speed system" on the busy route.

Traffic analyst Wai Cheung said the system is an "innovative way" to improve traffic flow without any construction or expensive roadway modification.

He explained that digital signs, connected to speed and volume sensors on the road, will constantly adjust a displayed "optimum speed."

If all drivers follow the speed advisory, Cheung said, they'll be able to get where they're going faster, even if the speed appears slow.

He said anyone going faster today encounters the wall of congested vehicles, often caused by merging cars, and slows down anyway.

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THE SHAVING KIT

Men get luxurious with their skin care



Andrea Ross
Metro | Edmonton

Among the shelves of face creams, aftershaves, ear trimmers, straight razors and manicure sets at The Shaving Kit at West Edmonton Mall is a \$500 leather travel kit, and it's not just for show.

"We've sold about four. One man bought it because it looked nice. He swore his wife was going to kill him, but he wanted it anyway," store manager Britany Davidson said.

"We live in Alberta and most men make money. If they want to spoil themselves, why not?"

Opened just over a year ago, the store is entirely devoted to the growing demographic of men who want to indulge in high-quality shaving and skin-care products in an atmosphere free of perfume samples and makeup aisles.

Products can range between \$35 to \$186 for a shaving brush and \$25 and higher for beard oils, face and eye creams, but sales have been strong, Davidson said. He credits that largely to word-of-mouth between regular customers and friends, and a staff devoted to helping men address their unique skin-care

and shaving issues.

The store carries brands with names like Bluebeards Original, Omega, Triumph and Disaster, HeadBlade and Bossman — labels meant for men, even if their targeted demographic might not know what they are.

"Multiple times a day we have men come in who have no idea about anything we sell. They just say, 'When I shave it hurts, and I would like to feel better,'" Davidson said. "Eight out of 10 customers will come in here and are just over the moon ecstatic that there's nothing here for women."

Edmonton's Timothy Jaddock said he's been spending \$50 a month on Mary Kay skin-care products since high school. Because of the difference he's seen in his skin, he wouldn't consider going back to drugstore brands, he said.

And it's not all about the results — men seeking luxury skin care are willing to pay for a comfortable and inclusive shopping experience, he said.

"I buy all my cologne from Sephora, and walking around the mall with a pink Sephora bag, I'll usually put it in other bags I have with me," he said. "But you would feel more confident, more masculine going into a men's exclusive store."



A customer at The Shaving Kit, in West Edmonton Mall, inspects high-end shaving creams and skin-care products.

KEVIN TUONG/FOR METRO



VLTs at an Edmonton bar. The AGLC is reviewing proposals for a 'turnkey' online gambling site for the province's web-based gamblers, who currently gamble on offshore sites. KEVIN TUONG/FOR METRO

Gambling decision goes on to next step

AGLC
Quebec, B.C. and Ontario already have provincial sites



Ryan Tumilty
Metro | Edmonton

As Albertans gamble away millions per week on offshore gambling websites, the newly installed NDP government will soon be assessing whether it should follow the lead from other provinces and create its own site and capture the profits.

Albertans gamble an estimated \$150-million each year online, but do so on offshore websites that aren't in the province and exist in shady legal realms.

Earlier this year the Alberta Gaming and Liquor Commission (AGLC) sought information from tech providers who could build a "turnkey solution" for a provincially run online gambling site, and said Tuesday it's busy reviewing the proposals.

"We got about 25 responses and we are now just looking through all of those solutions," said commission spokeswoman Tatjana Laskovic.

"We're still in the review phase looking at all of those proposals that we received and looking at solutions that could

“
We got about 25 responses and we are now just looking through all of those solutions.

Tatjana Laskovic, AGLC

be applied in Alberta."

Laskovic added that the AGLC recognizes technology is "changing player expectations" and that it must offer players what's in demand.

A spokeswoman for Finance minister Joe Ceci, who oversees the AGLC, said the government will wait to see what the commission recommends

after reading the proposals before making any decision to move ahead.

"Right now we just want to see what the recommendations are put forward and see if that is something that is going to be in the interest of Albertans," said Marion Nader, spokeswoman for Ceci's office.

Quebec, British Columbia, Ontario and Manitoba all have provincially owned online gambling sites, with Ontario joining the group just this January.

Some have estimated Alberta could capture up to \$70-million per year in revenues with a site, and note that online gambling tends to increase when a government site is created, due to its greater promise of trustworthiness.

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Recall the good, forget the bad ... really

SCIENCE

U of A students involved in cutting-edge research



Andrea Ross
Metro | Edmonton

Imagine you could vividly remember details from the best moments of your life, while forgetting the bad.

New research from the University of Alberta has brought science one step closer to making that science-fiction prospect a reality.

Researchers have long thought that the way memories were solidified was through the production of

new proteins in the brain. But new research by scientists at the University of Alberta has found it's more electrifying than that — our brains capture and contain memories during sleep, when electrical activity interrupts a protein synthesis process, which otherwise blocks future retrieval of memories.

The discovery, made by U of A undergraduate psychology students Jonathan Dubue and Ty McKinney, alongside their professor, Clayton Dickson, could be one of the first steps toward making memories more permanent.

"Understanding how to strengthen memories is really important. Not just for diseases like Alzheimer's, but also for normal everyday life," Dickson said. "Memory serves us incredibly well in our day-to-day lives."

Learning is thought to happen when the brain is "online," or actively engaged in a new experience, Dickson said. But "offline" activity, or when the brain is at rest, is when it rehearses what has been learned or experienced to strengthen what it deems to be the most important memories.

In focusing on the electrical activity happening in the brain during rest periods, this research could make forgetting where you put your keys, accidentally leaving your lunch on the counter and mistaking your new coworker's name a thing of the past.

It could even help those suffering from afflictions like post-traumatic stress disorder.

"With people that have an experience that is very traumatic, that memory tends to be replayed in exactly that way over and over again to the detriment of being able to function," Dickson said.

"Knowing how memory processes are strengthened would allow us to actually diminish those bad memories in addition to perhaps strengthening the good ones."



University of Alberta researcher Clayton Dickson was part of a team that is learning how we can improve our memory. KEVIN TUONG/FOR METRO

“Knowing how memory processes are strengthened would allow us to actually diminish those bad memories.”

Clayton Dickson



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Festivals aim to increase quality amid long lines

SUMMER EVENTS

Organizers hope to make it easier to buy food, tickets

Lucy Haines
For Metro | Edmonton

Many of Edmonton's summer festivals have an enviable problem:

so much success that it becomes a challenge for participants to buy food, tickets or even find space for a blanket on the grass.

And so it goes with the Edmonton Folk Music Festival, which only has so much space on its idyllic Gallagher Hill location. Festival artistic director Terry Wickham has called the festival "the perfect size" (the four-day event sells out every year, with more than 22,000 people passing through the gates each day), but "we're always working on refin-

ing the great product we have."

That includes strict parking restrictions around the site, well-trained volunteers who guide movement of the crowds, and easing the pressure from those who can't get a ticket by offering transferable, shareable passes and swap boards for ticket sale or exchange.

In Old Strathcona, where Edmonton International Fringe Festival organizers prepare to "unleash the monster" (as festival artistic director Murray Utas describes it), it's a similar focus on crowd-management, moving patrons efficiently through the various theatre venues, dispensing tickets, handling crowds in the beer tent and engaging all of the Whyte Avenue area.

"Plus putting bums in seats,"

said Utas. "We still have work to do on the disconnect between site crowds of over 700,000, but [there are] only 120,000 attendees at the indoor shows. My five-year plan is to bring it all together — to find a balance between walking the site and seeing shows."

Utas said artists worry that there are too many shows for the amount of audience, but that's where show promotion comes into play — walking the site, making conversation with patrons — "an art in itself, to interest people in seeing your show."

Utas said a more efficient and flexible box office ticketing system is in the works, a nod to the festival's focus on the artists. "People are ready for that aspect of Fringe," he said.



The Edmonton Folk Music Festival is dually known for how fast the event's tickets sell out, as well as its long lineups.

RYAN TUMILTY/METRO

“My five-year plan is to bring it all together — to find a balance between walking the site and seeing shows.”

Murray Utas, Edmonton Fringe Festival

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HEALTH

PCN service levels will be buoyed by surplus: Hoffman



Health Minister Sarah Hoffman said Tuesday she never promised Primary Care Networks the government would restore cuts to their budget and they may have to use surplus funds after all.

The proposed budget the Progressive Conservatives introduced before the spring election would have cut funding to PCNs and had them use \$75 million in reserves to make up the difference.

In July, Hoffman said the NDP would reverse that decision,

arguing the cuts would have forced doctors to cut services.

"This was going to result in a number of staff being laid off and their need to contract their services," she told Metro.

But on Tuesday, Hoffman said PCNs could keep service levels as they were, but would use reserves to do that.

"We are not clawing back \$75 million and we are not adding \$75 million. We are maintaining current levels of service," she said.

Despite never correcting any of several media stories at the time, Hoffman insisted she had not pledged to restore the funds.

"I have not made a guaran-

tee or a promise of any kind."

Hoffman said the final budget for PCNs would be set in the fall and said a financial review currently underway would inform that decision.

"We have enough money that they can maintain the current level of service and when the full budget is tabled in the fall we can have the conversation."

“

We are maintaining current levels of service.

Sarah Hoffman,
Alberta Health Minister

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Prime Minister Stephen Harper picks up chicken wings while grocery shopping with his son, Ben, on Tuesday in Toronto.

PAUL CHIASSON/THE CANADIAN PRESS

PM dangles tax credit

FEDERAL ELECTION

Tories promise home reno tax break when economy allows

Stephen Harper has delivered the first big-budget promise of the Conservative election campaign: a permanent home-renovation tax credit that will cost taxpayers \$1.5 billion a year once implemented.

However, Harper says the credit — a more modest version of a temporary credit the government first introduced in 2009 — won't be introduced until economic circumstances permit, perhaps the middle of

a Tory mandate.

While the original credit applied to renovation costs of up to \$10,000, the ceiling for the permanent credit has been lowered to \$5,000.

Speaking at a campaign event in Toronto, Harper said the credit, which would apply to renovation work done on houses, cottages and condominiums owned for personal use, would also help to create jobs in the construction sector and pump billions of dollars back into the Canadian economy.

Some three million Canadians have taken advantage of the opportunity to make renovations in the last six years.

"Young parents renovated rooms as nurseries, empty-nesters converted rooms for

I am staying focused on Canadians and what they need.

Justin Trudeau

other uses, older Canadians made changes to remain independent in their own homes," Harper said.

"The renovation tax credit helps every homeowner, regardless of income. I know Justin Trudeau doesn't think every family deserves help, but we do."

Interestingly, Harper's propensity for referring to Trudeau by his first name only seemed

to be a dominant theme on the campaign trail Tuesday.

Asked about it, the prime minister said it's something he does occasionally, but only because that's the way the Liberals have chosen to brand their own leader.

Trudeau himself, who unveiled the Liberal campaign bus at an early rally in Mississauga, Ont., shrugged it off as a distraction from the fact that the Conservatives have allowed the economy to slide into a recession.

"The fact is, I am staying focused on Canadians and what they need," Trudeau said.

The NDP's Tom Mulcair was scheduled to attend an event later Tuesday in Montreal.

THE CANADIAN PRESS

ABBOTSFORD, B.C.

City, not homeless, to blame: Lawyer

The City of Abbotsford is wrong to criminalize the homeless with bylaws that prohibit people from setting up camps in public spaces, a lawyer argues.

David Wotherspoon, with the Pivot Legal Society, said the city has discriminated against the homeless through various measures including dumping chicken manure on an encampment.

He wants a B.C. Supreme Court judge to declare such tactics unconstitutional.

The city is blaming the homeless for leaving garbage and human waste at camps but isn't providing needed services, Wotherspoon told Chief Justice Christopher Hinkson on Tuesday.

"People make garbage, people have to urinate, people have to defecate. They have to do it somewhere," he said.

"Blaming Abbotsford's homeless for the existence of those circumstances is, effect-

ively, blaming the victim," said Wotherspoon, who represents the War Drug Survivors.

"There are real choices being made, but those are choices that relate to the city — the choice not to provide a variety of services."

Wotherspoon has told the trial that police have pepper



People have to urinate, people have to defecate.

David Wotherspoon, lawyer

sprayed the homeless and city workers dumped chicken manure on a campsite.

The War Drug Survivors represent at least 151 home-

less people and maintain that the city's 25 available shelter beds, provided by the Salvation Army, can't accommodate everyone.

Abbotsford has presented evidence suggesting more housing is available, but the group counters that most of the spaces are difficult to access, especially for drug addicts.

THE CANADIAN PRESS

IN BRIEF

Cabbie facing charges after passengers rammed

A Montreal cabbie who allegedly hit two people on purpose with his vehicle was arraigned Tuesday on seven charges, including dangerous driving and criminal negligence.

Nick Forlinano-Gauthier, 32, allegedly struck the two men for failing to pay their fare as they got out of the taxi on Monday.

An 18-year-old suffered head injuries, while a 20-year-old was also taken to hospital with less serious wounds.

THE CANADIAN PRESS

Montreal SPCA seizes exotic birds from store

More than 550 exotic birds have been seized from a pet store and breeding facility, the Montreal SPCA said Tuesday.

The organization said in a statement it decided to remove them under the Criminal Code as they were lacking critical care. Several of the birds seized last Thursday were already dead.

The birds were being kept for sale, many of them having been caught in the wild in other countries and imported into Canada.

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REEVES COLLEGE

Probation for phoney soldier

FRANCK GERVAIS

'Fake sergeant' given 50 hours of community service



Lucy Scholey
Metro | Ottawa

A man who pleaded guilty to wearing a fake soldier's uniform on Remembrance Day must do 50 hours of community service for impersonating a member of the Canadian Armed Forces.

Franck Gervais, 33, made an emotional apology during his sentencing hearing in an Ottawa courtroom on Tuesday.

"I understand and realize that my actions were wrong, misguided and inappropriate," said the clean-shaven Gervais, stopping occasionally to rub his forehead and eyes. In wearing the uniform, he intended to honour — not insult — the veterans, he said. Gervais was also sentenced to 12 months of probation.

Gerry Wharton, a retired major who served 32 years in the Canadian Armed Forces, said



Franck Gervais, right, delivered an emotional apology on Tuesday during a sentencing hearing in Ottawa, where he pleaded guilty to impersonating a soldier during a televised Remembrance Day interview on Nov. 11, 2014. CBC

he was initially angry when he heard about the man who wore a fake RCR uniform and medals, including the highly esteemed bravery medal.

But last Saturday, Wharton, who also serves as the honorary dominion president for the Army, Navy and Air Force Vet-

"I understand and realize that my actions were wrong."

Franck Gervais

erans in Canada, led Gervais on a tour of the Beechwood Cemetery. There, they stopped and laid poppies on the tombstones of Canadian soldiers.

The well-decorated veteran told the courtroom he believes Gervais was genuinely remorseful in his apology.

"Right from the very beginning, within five minutes, I was very impressed with Mr. Gervais's remorse and appreciation for what we were doing," he later told reporters. The anger quickly turned to forgiveness.

"Actually, to walk with him amongst the headstones, it was an emotional experience for me."

On Nov. 11, 2014 — less than three weeks after the shooting death of Cpl. Nathan Cirillo at the National War Memorial shocked the country — Gervais appeared on CBC TV, wearing a beard and a phoney soldier's uniform.

The televised Remembrance Day interview drew angry and shocked comments from soldiers and war veterans across the country.

Gervais pleaded guilty to impersonating a soldier and enrolled in the Collaborative Justice Program, which allows victims and the accused to heal together.

Defence lawyer Claude Lévesque said the program allowed Gervais "to understand the consequences of his action and also to enable the military forces and the veterans to have an insight as to why he did what he did."

IN BRIEF

Bureaucrat on unpaid leave kept getting salary

An awkward situation arose at the Public Works Department in May, according to a memo obtained by Metro under the Access to Information Act.

An employee in the department took five weeks of unpaid medical leave, but "due to an administrative error" the money kept flowing.

After five weeks the employee had accidentally been paid \$3,926.46.

What's easily given is less easily taken away, as the department found out when they asked for the money back.

The employee requested an exception, proposing a payment plan that would recoup \$75 off every paycheck for two years.

Deputy minister of Public Works George Da Pont signed off on the arrangement — but only after the employee divulged financial records to prove that a higher "repayment rate will impose significant financial hardship." METRO

NORTH POLE

Russia submits Arctic claim, sheds political heat on Canada

Russia's new bid for a vast swath of Arctic territory, including the North Pole, backs Canada into an uncomfortable corner in future negotiations over the frozen region, a defence expert says.

Moscow's revised inter-

national submission was revealed Tuesday in a statement by the country's foreign ministry and claims 1.2 million square kilometres of the Arctic shelf.

Russia, the U.S., Canada, Denmark and Norway are

working with the UN to define jurisdictional boundaries in the Arctic, which is thought to hold as much as a quarter of the planet's undiscovered oil and gas. The United Nations Convention on the Law of the Sea allows all coastal

nations to extend their jurisdiction beyond 200 nautical miles as long as it can proven the boundary is a natural extension.

In late 2013, the Harper government ordered officials to rewrite Canada's Arctic claim

to include the North Pole and more survey work is taking place this summer before Ottawa submits the document.

Rob Huebert of the University of Calgary says Prime Minister Stephen Harper should make clear whether Canada is

eventually willing to negotiate with Russia where claims intersect.

In its pitch, Russia states clearly its willingness to abide by the results of the international process.

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Marc Wabafiyebazu looks back at his mother (not seen) as he leaves court in Miami in May. COLIN PERKEL/THE CANADIAN PRESS

Confession suspicious, lawyer says

WABAFIYEBAZU CASE

Miami police did not inform envoy's son of rights: Lawyer

The police account of a confession the son of a Canadian diplomat apparently gave in a double killing in Florida makes little sense, his lawyer argues in a new bid to win the teen's pretrial release.

Even if Marc Wabafiyebazu did talk about the crime, Miami police failed to inform him of his rights — meaning they obtained the alleged statements illegally, the lawyer says.

"The court's heavy reliance on the improper confession is misplaced," Michael Corey states in a petition to the District Court of Appeal.

"The statements ... are almost uniformly contradicted by the undisputed physical evidence and witness statements."

Wabafiyebazu, 15, of Ottawa, is charged as an adult with felony murder in the shooting deaths of his 18-year-old brother Jean and another teenager. Police allege the gunfire

erupted inside a Miami-area apartment on March 30 when the older sibling allegedly tried to rob a drug dealer.

Initially, a senior detective charged him with minor offences but changed that to murder after his apparent confession to Juan Velez, a rookie officer, who was driving him to a detention centre.

By the officer's own account, the distraught teen, who had just heard his brother was dead, offered 23 pieces of information in under two minutes — something the lawyer calls



Officer Velez made no attempt to record this alleged confession.

Michael Corey

"suspicious and implausible."

Among other things, Velez said Wabafiyebazu told him that he and his brother had ripped off other drug dealers in Canada and Miami. He also apparently claimed to have shot at the fleeing drug dealer — which video shows did not occur.

"Officer Velez made no attempt to record this alleged confession or reduce it to writing," Corey states.

Instead, the officer dropped the teen at a detention centre, then returned to the detachment where he told a detective about the alleged statements.

THE CANADIAN PRESS

CALGARY

Two men charged in drug bust



Lucie Edwardson
Metro | Calgary

Two men are facing drug-trafficking charges after Calgary police executed a search warrant in the city's northeast.

Staff Sgt. Martin Schiavetta said the CPS Drug Unit and Tactical Unit searched a residence located in the 300 block of Taralake Way NE on July 28, and located drugs, weapons, cash,

and stolen property.

"They were certainly active in trafficking drugs in and around the place where the search warrant was executed," he said.

Some of the items seized by police include: \$11,645 in cash in 42 different currencies, 104.6 grams of methamphetamine at an estimated value of \$10,460, three replica hand guns as well as scales and packaging material.

Gurnazbir Singh Sandhu, 25, of India, faces multiple charges

including possession of methamphetamine for the purpose of trafficking, possession of proceeds of crime and possession of a weapon for a dangerous purpose.

Richard Julies Rysdale, 28, of Calgary, also faces multiple charges including possession of methamphetamine for the purpose of trafficking, possession of cocaine for the purpose of trafficking and possession of proceeds of crime.

IN BRIEF

Woman charged with murder in toddler's death

A 29-year-old Alberta woman has been charged with second-degree murder in the death of a two-year-old boy who died in a Calgary hospital on Sept. 25, 2014. The child was admitted to hospital seven days earlier. The woman, who resides on the Tsuu T'ina First Nation, was arrested last Friday.

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Investigators inspect the site of a circus tent that collapsed Monday during a show by the Walker Brothers International Circus at the Lancaster Fair grounds in Lancaster, N.H., on Tuesday. JIM COLE/THE ASSOCIATED PRESS

Two killed as storm destroys circus tent

NEW HAMPSHIRE

Unclear why show went on during weather warning

Fire officials said Tuesday it's not clear why a circus operator in Lancaster, N.H., proceeded with a show minutes after the National Weather Service put out a severe storm warning.

Strong winds collapsed the Walker Brothers International circus tent, killing two spectators and sending about 32 others to hospital.

New Hampshire's fire marshal Bill Degnan said it's the responsibility of the circus operator to monitor the weather.

The show started seven minutes after the storm warning Monday afternoon some 145 kilometres north of the state capital Concord.

The storm blew through

with about 100 people inside the tent.

"I see these very large metal poles that are in the ground and go through the top of the tent; I see them starting to come out of the ground and fly up, into the air toward us," witness Heidi Medeiros, attending with her three-year-old son, told a local TV station. She said that 10 to 30 seconds later, the pole slammed onto the bleacher where she and her son had been sitting.

The circus operator, Florida-based Walker International Events, did not provide immediate comment.

Walker's president, John Caudill Jr., has a history of transgressions, primarily while operating another company, Walker Brothers Circus, Inc.

A decade ago, Caudill and his associates agreed to pay a \$25,000 fine for a series of violations while operating without an Animal Welfare Act licence.

THE ASSOCIATED PRESS

RELIGION

Mormons publish pic of sacred stone

The Mormon church for the first time is publishing photos of a small sacred stone it believes founder Joseph Smith used to help translate the story that became the basis of the religion.

The pictures of the smooth, brown, egg-sized rock are part of a new book that also contains photos of the first printer's manuscript of the Book of Mormon. Officials with The Church of Jesus Christ of Latter-day Saints unveiled it Tuesday at a news conference in Salt Lake City.

It's the religion's latest step in a push to be more transparent about its history and tenets. The church's effort in recent years to be more open about its past was triggered by the religion's increasing prominence, as its membership tripled over the past three decades to 15 million worldwide today. Questions emerged about the burgeoning faith, with some criticizing it for being secretive about its beliefs and practices.

Mormons believe that 185 years ago, Smith found gold plates engraved with writing in ancient Egyptian in upstate New York. They say that God helped him translate the text using the stone and other tools, the result of which became known as the Book of Mormon.

The pictures in the new book show different angles of a stone that is dark brown with lighter brown swirls, the size and shape

of an egg. The photos also show a weathered leather pouch where the stone was stored that is believed to have been made by one of Joseph Smith's wives, Emma Smith.

The church has always possessed the stone, which was transported across the country during Mormon pioneers' trek from Illinois to Utah in the mid-1800s, but it decided to publish the photos now to allow people who prefer visuals to words to better understand the religion's roots, said Richard Turley, assistant church historian. The stone will remain in the vault.



We've discovered that artifacts and historical sites are a way to give a sense of reality to things that are otherwise somewhat ethereal.

Richard Turley

The church has been releasing books containing historical documents that shed light on how Smith formed the church. The religion also has issued a series of in-depth articles that explain or clarify some of the more sensitive parts of its history that it once sidestepped, such as the faith's past ban on black men in the lay clergy and its early history of polygamy.

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RICK BOWMER/THE ASSOCIATED PRESS

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Demonstrators hold a vigil calling for justice for Sandra Bland on July 28 in Chicago. CHRISTIAN K. LEE/THE ASSOCIATED PRESS

Police sued over death

TEXAS

Family of Sandra Bland say her death wasn't suicide

The family of a black woman found dead in a Texas jail three days after a confrontation with a white state police officer filed a wrongful-death lawsuit Tuesday against the officer and other officials, saying it was a last resort after being unable to get enough information about the case.

Sandra Bland, a Chicago-area woman, died by what authorities say was suicide in her Waller County jail cell on July 13. Her family and others previously questioned that, and criticized the trooper who stopped her for failing to signal a lane change. Bland's death came after nearly a year of heightened scrutiny of police and their treatment of

African-Americans, especially those who have been killed by officers or died in police custody.

"The bottom line is she never should have been inside the jail cell. Period," Bland's mother, Geneva Reed-Veal, said at a news conference. Reed-Veal, her Bible within reach, said she was confident Bland "knew enough about Jesus" that she wouldn't hang herself and her feelings as a mother say her daughter didn't. But "anything is possible," she said.

The lawsuit, with Reed-Veal as plaintiff, seeks unspecified punitive damages "for egregious acts and omissions" by Trooper Brian Encinia, the Texas Department of Public Safety, Waller County, the sheriff's office and two jail employees.

An autopsy determined that Bland hanged herself from a partition in the cell. Her family has previously said she was looking forward to a new job.

THE ASSOCIATED PRESS

CALIFORNIA

Blaze grows despite containment effort

As firefighters battled a massive California wildfire threatening numerous homes, some of the 13,000 people urged to flee their residences spent what may be just one of many nights in evacuation shelters.

The blaze grew to more than 160 square kilometres Tuesday as it chewed through drought-withered brush that has not burned in years in the Lower Lake area, about 160 kilometres north of San Francisco.

More than 3,000 firefighters tried to stand their ground

against the fire that jumped a highway that had served as a containment line and grew by several square miles despite cooler weather and higher humidity. Its rapid growth caught firefighters off guard and shocked residents.

Cooler weather Tuesday helped crews build a buffer between the flames and some of the 6,900 homes it threatens. Despite the fire's growth, no additional homes were consumed outside the two dozen already destroyed. THE ASSOCIATED PRESS

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Yemen troops take back base

CONFLICT

Government forces heading to another rebel-held base

Yemen's pro-government troops fought pockets of resistance outside a key military base in the country's south Tuesday, a day after they seized it from Shiite rebels, military officials said.

The capture of the Al-Anad base — once the site of U.S. intelligence operations against al-Qaida's powerful Yemeni affiliate — was a significant victory for the forces allied to Yemen's exiled President Abed Rabbo Mansour Hadi in their battle to reverse the gains of the rebels known as Houthis.

The base was taken by the rebels when the conflict intensified in the spring and was their main encampment in the country's south. The pro-government

forces took 45 prisoners in the battle for the base and were marching north toward another rebel-held military base called Labouza — the largest in the south, the military officials said.

As Al-Anad fell, rebel fighters fled to the nearby hills, the officials added. Yemen's Defence Ministry announced the "liberation of Al-Anad military base" in a statement late Monday, thanking the Saudi-led coalition that has been targeting the Houthis in an air campaign since March.

Ministry officials and military leaders from Hadi's government in exile in Saudi Arabia returned to the southern city of Aden last week and the statement was issued from there. In a statement carried by rebel-controlled news agency SABA late Monday, the rebels denied the base had been taken.

It took several days to capture Al-Anad, with pro-government troops, backed by tanks and armoured personnel carriers, pushing toward the base as coalition

+ BACKGROUND

The fighting in Yemen pits the Houthis and troops loyal to former president Ali Abdullah Saleh against southern separatists, local and tribal militias, Sunni Islamic militants and exiled President Abed Rabbo Mansour Hadi's loyalists.

air strikes cleared the path for their advance. Military officials said allied fighters had cut off the main road between Al-Anad and the embattled city of Taiz for the first time since the Houthis took control of it in March.

Meanwhile, at least 15 pro-government fighters were killed by two landmine explosions in their push north toward the Houthi-controlled al-Houta, the capital of Lahj province, both pro-government militia and Houthi officials said.

THE ASSOCIATED PRESS

CENTRAL AFRICA

Cameroon expels 3,000 Nigerians

Cameroon has expelled more than 3,000 Nigerians as part of the fight against Nigeria's Islamic extremists who have launched attacks across borders, officials said Tuesday.

Authorities also arrested hundreds of Cameroonians and Nigerians accused of collaborating with Boko Haram, said Midjiyawa Bakary, governor of Cameroon's Far North region.

They deported Nigerians who said they were refugees but were not staying at refugee camps and lacked identification papers.

"We noticed that in the different villages there is a certain population of foreigners and they are hiding behind some Cameroonians and hiding those Boko Haram suspects," Bakary said.

Women, children and men were taken across the border to the Nigerian town of Mubi, he said. A Cameroon government agency has deployed staff to educate people on how to identify extremists.

The UN refugee agency says a camp in Cameroon's Far North Region now hosts about 44,000 people and estimates there are 12,000 unregistered refugees in the region.

In Nigeria, many of those expelled said they were forced out quickly.

"It was a terrible journey. We spent almost six days on the road," said Musa Kawuri, a 52-year-old trader. "We initially pleaded with the Cameroonian officials to give us grace of some days," but were put in trucks.

Adamawa State Emergency Management Agency chairman

44K

A camp in Cameroon's Far North Region now hosts about 44,000 people and the UN estimates there are 12,000 unregistered refugees in the region

Haruna Hamman Furo said 12,000 Nigerians are expected to arrive from Cameroon.

Everyone expelled would be sent to Yola, Adamawa's state capital, said National Emergency Management Agency Camps Coordinator in Adamawa, Sa'ad Bello.

"Their condition is good," he said. But some refugees said that several people died during their hike to the border.

THE ASSOCIATED PRESS



Fighters against Shiite rebels known as Houthis stand on their armoured vehicles Monday on a road leading to Al-Anad base near in Lahej, Yemen. WAEL QUBADY/THE ASSOCIATED PRESS

RETALIATION

Turkish jets strike Kurdish rebel bases

Turkish warplanes pounded suspected Kurdish rebel targets in southeast Turkey on Tuesday in retaliation to a rebel mortar attack at a military base which wounded a six-year-old girl, the state-run Anadolu Agency reported.

The jets struck Kurdistan Workers' Party, or PKK, positions in Hakkari province hours after the insurgents fired shots and mortar rounds at the station. The girl, from a nearby village, was injured by shrapnel, but wasn't in serious condition.

Hostilities have flared in Turkey in the past two weeks, wrecking a fragile peace process launched in 2012 with the Kurds. The rebels have launched dozens of attacks against country's security forces while the military has

carried out airstrikes on PKK targets in northern Iraq or in Turkey's southeast. At least 30 people have been killed in the past 10 days, most of them soldiers.

Earlier, PKK rebels attacked a military vehicle in neighbouring Sirnak province with an improvised explosive device and later opened fire at the vehicle, killing two soldiers, the military said. Another soldier and a government-paid village guard were wounded.

Meanwhile, Energy Minister Taner Yildiz said the PKK sabotaged a natural gas pipeline from Azerbaijan, disrupting the flow of gas. It was the latest in a series of attacks on Turkish energy supply lines that included an explosion on a major oil pipeline from Iraq.

THE ASSOCIATED PRESS

IN BRIEF

Saudi court sentences former soldier to 9 years

Semi-official Saudi news websites say a former soldier has been found guilty of fighting for ISIL in Syria and has been sentenced to nine years in prison.

A court in Jiddah also barred him from travelling abroad for nine years after he completes his prison sentence and fined him 5,000 Saudi riyals (about \$1,300 US).

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Loonie helps retailers

BACK-TO-SCHOOL SHOPPING

Canadians likely to spend more at home: Ernst & Young

The falling loonie is expected to help boost the bottom lines of Canadian retailers heading into the back-to-school season.

There will be an expected four per cent increase in back-to-school spending in Canada this year, according to global professional services firm Ernst & Young.

The lower Canadian dollar likely means consumers will be making their purchases closer to home, said Daniel Baer, Ernst & Young's Canadian retail and consumer products sector leader.

"We do expect fewer dollars to be spent cross-border. And when we say that, (we are referring to) people who physically go cross-border, but also people who shop on U.S. sites," he said in a phone interview from Montreal.

Recent universal child-care benefit payments from the federal government will also likely translate into additional disposable income for consumers to devote to back-to-school spending, said Baer. On the flip



Canadian retailers may find themselves in a busy back-to-school season as a result of a weakening loonie. THE ASSOCIATED PRESS FILE

side, inflation, higher housing costs and economic uncertainty may curb the appetite among consumers to spend.

British Columbia and Ontario will lead sales, while the Maritimes and Quebec will continue to lag behind the national average, with little growth expected.

Meanwhile, Alberta and Saskatchewan, which are typically leaders in the category, are ex-

pected to post back-to-school sales in the red.

Baer said the changes are a "big function" of how the province is performing economically. He pointed to Alberta, which previously saw a retail sales growth higher than the national average due in part to employment levels and oil prices.

"Their economy was growing that much faster because

of economic activity, influx of people into the province and a very low unemployment rate," Baer said.

"Since the price of oil has declined, it's certainly had an impact in terms of the disposable income that the Alberta consumer has, but it also has an impact in terms of the economic stability that the Alberta consumer feels."

THE CANADIAN PRESS

IN BRIEF

Air Canada, other airlines ban hunting trophies

Air Canada says it will no longer carry big-game hunting trophies from lions, leopards, elephants, rhinoceros and water buffalo after the killing of Cecil the lion. Air Canada joins at least a half dozen other airlines that have banned the transportation of big-game trophies in the past two weeks, including Air France, Delta Air Lines and Qantas. Other airlines, including Emirates, Lufthansa and British Airways, brought in a similar ban in April.

THE CANADIAN PRESS

EUROPEAN UNION

Greek bank shares dive further

Greece's government conceded Tuesday that dissent within the ruling party was likely to force an early election, while bank shares plummeted again on the stock market, which reopened this week after a long closure.

The government is relying on opposition party support for approval in parliament of new austerity measures demanded by bailout lenders, following a revolt by nearly one fourth of its own lawmakers.

Amid the uncertainty, the main stock index lost another 1.2 per cent Tuesday, the second day the market has been open following a five-

week shutdown. Most shares traded higher but banks tumbled, once again hitting the 30 per cent lower trading limit. The overall index on Monday plummeted 16.2 per cent, its worst drop in decades.

European markets were unaffected by the Greek market nosedive, however, which Italian Finance Minister Pier Carlo Padoa-Schioppa described as "normal market behaviour in exceptional circumstances."

"Frankly I am not concerned. Looking at the figures, I thought this was more or less what one should expect after weeks of stocks being closed in a country which is indeed

in deep recession," he told reporters in Rome.

THE ASSOCIATED PRESS

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Why do American campaigns start so early and cost so much?

While Canadians are busy debating the merits of an extra-long federal-election campaign, Republican candidates for U.S. president are literally debating.

On Thursday, 15 months before election night, a field of 10 presidential hopefuls will take the stage in Cleveland. Many Canadians wary of longer federal campaigns have cited the spectre of the U.S.'s interminable and money-flooded electoral process. In that light it's worth taking a closer look.

1. WHY SO LONG?

Unlike Canada, where the prime minister is the leader of the party that wins the

most seats in the House of Commons, the U.S. elects its president separately from its legislators, in a vote between the nominees of the Republicans and the Democrats.

The nominees are chosen via a months-long series of state-by-state votes, called primaries, which begin in Iowa in February of the election year and run until party conventions in mid-summer.

Winning the early primaries, and thereby gaining valuable momentum that will attract the affections of

deep-pocketed donors, is extremely important to the fortunes of a presidential campaign. So candidates have an incentive to promote themselves and

their platforms as early as possible, and television networks therefore have an incentive to carry election coverage, including debates, well in advance of any actual

voting. Hence Thursday's debate, which is being presented by Fox News and comes forth months before the first vote of primary season.



2. WHY SO EXPENSIVE?

Among other factors (e.g., an uncommonly large and spread-out electorate, a legal tradition that equates political advertising with free speech) is the fact that elections have, since 1792, been fixed to the Tuesday that falls between the 2nd and 8th of every fourth November.

Because everyone knows when the big vote will take place, campaigns and stakeholders can plan their paid publicity well in advance and raise funds accordingly.

This is what worries many Canadians, now that we have a fixed-election-date law of our own.

The election explainer is dedicated to informing would-be voters without boring them. It will appear regularly in this space throughout the campaign. What would you like explained? Email us at readers@metronews.ca.

Sweet peas: 150-year-old study offers rich reward

THE SCIENCE

Stephanie Orford



This year marks the 150th anniversary of Moravian monk Gregor Mendel's first presentation of his seminal paper on pea-plant genetics, and the effects have been mind-boggling.

Genetics has spurred discoveries across almost every scientific discipline, all cascading from Mendel's discovery of the gene, the basic unit of inheritance.

Cutting-edge genetics research is happening in Canada. Last year, researchers at the Michael Smith Genome Sciences Centre treated a Vancouver woman's late-stage colon cancer through a pilot project to tailor cancer treatments to individual patients.

The woman had enrolled in an experimental program to treat cancer according to its

unique genome.

Genomics, the study of an organism's full set of genetic material, has been made more efficient through rapidly evolving technologies for DNA sequencing.

Twelve years ago it cost \$2.7 billion to sequence one human genome. Now it costs about \$1,000.

By decoding the genetic blueprint of the cancer patient's particular tumour, her doctors identified a protein that was crucial to its growth. They realized that this protein's actions could be stopped by a widely available blood-pressure pill.

The treatment the doctors identified put her cancer into complete remission in five weeks, and it wouldn't have been possible without genomics.

Nor would it be possible, as it now is, to prevent a child with the rare genetic condition called phenylketonuria from developing

It's a crucial tool that will help humanity take on the biggest challenges of the coming decades

brain damage, by giving her a diet without one particular amino acid.

The list of tangible, appreciable benefits goes on and on.

Consider:
• Diabetics now pay less for better maintenance of their condition thanks to higher-quality insulin produced with genetically engineered bacteria.

• The Canadian canola industry has reduced its carbon emissions by one million tonnes per year since the '90s when it started planting canola crops genetically modified to tolerate herbicides.

• At the end of July, the Strategic Salmon Health Initia-

tive — which does research assessing the health of the wild and farmed salmon we fish, sell and eat — began the implementation phase for a new technology that assesses the microbes on wild and farmed salmon. The research will ultimately help us breed farmed salmon more sustainably, with genes that make them more resistant to viruses and bacteria, and less likely to spread them to the wild population.

None of these phenomena would be possible without genetics, and the applications are endless.

Genetics research today isn't just about pea plants or the colour of your eyes. It's a crucial tool that will help humanity take on the biggest challenges of the coming decades.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

Media already bored by just-announced election campaign

At work yesterday morning, my colleagues were fretting.

Our 11-week election campaign (78 days, moaned the anal-retentive National Post) is being greeted with pre-emptive exhaustion, they said, and all the buzz of a slowly deflating balloon.

"The media already seemed bored with the whole thing," said J. "Two papers had the headlines 'And they're off.' It just sounded like jogging or something... but this is really monumental!"

"I'm more interested in Hillary Clinton than any of our people. Why is that? That's terrible!" he added.

L. blamed the media. "Hillary Clinton is more of a celebrity."

"I think people are just fascinated with American politics," A. mused.

"Well, they make a spectacle of it," I said.

"A long campaign means it's less democratic. It's more expensive to do it and thus accessible to fewer people," L. fumed. "That's a problem. That's a democratic problem." (Stephen Harper has a hefty war-chest advantage).

"I've been hearing about the Pan Am games since November, hot and heavy all the time, but an 11-week election that actually matters — and we're torn up!" A. exclaimed.

There are benefits, she said. Namely, gaffes. "In an 11-week campaign trail there are so

many extra days for people to show who they are, accidentally, for Justin Trudeau to drop that baby he's juggling."

"I think we as the media should be trying to add more high drama to our politics," suggested J.

"We don't really tell the human stories," I agreed, a recent profile of "Vegas girl" NDP MP Ruth Ellen Brasseau notwithstanding.

"I find your conversation funny, like, 'Oh, democracy — we need to focus less on policy, more on faces!' " L. snarked.

"No. Policy too," J. countered. "There's lot of big, long serious articles in the States."

"You can't have policy without the people who are advocating for it," I added.

U.S. politics has built-in drama, J. argued. "A whole bunch of people vying for the top spot on both sides, and finally just down to two, mano a mano."

"You can't do that in a parliamentary system, and parliamentary systems are actually really good because you can have minority governments," L. pointed out.

"So, OK, that piece we can't do anything about, but there's lots of other things we can do," J. said, hopefully.

The chatter came to an unresolved close. They had a paper to put out, filled with high-drama election coverage — for another 76 days.

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SHAKUNTALA DEVI

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A novel nod to comfort food

FOOD FICTION

Debut author pays tribute to homey meals of his childhood

Melissa Dunne
For Metro

You are what you eat. This old maxim has perhaps never been as true as it is today. Starting first thing in the morning, every food and drink choice you make has become shorthand for who you are at your very core. No pressure. But, are you the type of person who grabs a double-double from the Tim Hortons drive-thru or are you the type to ride your bicycle over to the local indie café for an almond-milk latte?

Whether you live in a smaller city like Winnipeg or Halifax or a big city like Vancouver or Toronto, many Canadians now endlessly obsess over making the right food and drink choices that will ultimately communicate to everyone who follows them on Instagram: I know what food is hip and cool and current, and therefore I am hip and cool and current.

Partly in reaction to the somewhat ridiculous hipsterification of North American food culture, J. Ryan Stradal chose to focus his debut novel, *Kitchens of the Great Midwest* (Penguin Random House, \$28, out now) on the decidedly unhip food from his childhood



Food made from scratch is at the heart of the novel *Kitchens of the Great Midwest*. CONTRIBUTED

growing up in a small town in southern Minnesota.

"I tried to capture the people I grew up with that I don't see represented very often," said Stradal, 39, by phone from his home in the hipster haven known as Silver Lake, Calif.

The people he grew up with, like his grandmother, could

out-hipster any young hipster today, says Stradal. They cared about, and knew, where their food came from and, get this, they cooked much of it themselves from scratch.

"Their interest in food rivalled that of the hipsters, but without the affectation," Stradal notes.

His novel about a trendy and mysterious chef named Eva Thorvald is interspersed with recipes that highlight food made with real affection, not a practised affectation. It features what is now dubbed comfort food, such as five-ingredient peanut butter bars (see recipe at right), made by people who would simply call food "food."

That's not to say Stradal thinks making classic Midwestern recipes handed down from generation to generation is, in the parlance of our times, more 'authentic' than, say, ordering organic chicken at your local gastropub.

After all, he's a Midwestern transplant who both loves the food he grew up with, and is now personal friends with celebrity chefs and lives in what Forbes once dubbed 'America's Hippest Hipster Neighborhood.'

In his life and in his book, he makes the argument there is room at the table for everything.

RECIPE

Pat Prager's Peanut Butter Bars

Ingredients:

- 2 1/2 cups crushed graham cracker crumbs
- 1 cup melted Grade A butter
- 1 cup peanut butter
- 2 1/2 cups powdered sugar
- 1 cup milk chocolate chips with 1 teaspoon Grade A butter

Directions:

1. Mix together the graham cracker crumbs, melted butter, peanut butter and sugar.
2. Pat into a greased 9 by 13 inch pan.
3. Melt the chips and butter and spread them on top of the bars.
4. Set in the refrigerator until firm.
5. Cut into bars.

COURTESY PENGUIN RANDOM HOUSE

It's fine to pay \$5 plus for an almond-milk latte made by a moody barista who dons a fedora and is writing a screenplay on the side, if that's your bag. Just make sure you also leave room for a few home-made peanut butter bars every now and then.

You are what you eat and drink, but you are, at your core, also what you have eaten and drunk, what you cook and what you have had cooked for you.

Their interest in food rivalled that of the hipsters, but without the affectation

Ryan Stradal on the people of his Minnesota roots who inspired his novel



OBITUARY

Chris Hyndman of CBC's Steven and Chris show found dead



Chris Hyndman CONTRIBUTED

Chris Hyndman, one half of the CBC TV talk show duo, Steven and Chris, has died suddenly.

"It is with profound sadness that we share the news Christopher Hyndman died early this morning," announced the CBC in a memo to staff Tuesday afternoon.

"We extend our deepest sympathies to Steven, family, friends and colleagues; our thoughts are with them all," the announcement said.

Hyndman was 49.

Chuck Thompson, head of public affairs at CBC English

services, said the show has been pulled from the schedule.

Hyndman, who was born in Ottawa but raised in Newfoundland, had just returned from a weekend trip to Barbados. Toronto police say Hyndman was found without vital signs in a laneway in Toronto's east end shortly after 11 p.m. on Monday.

Police are not appealing for witnesses, though it remains a "completely open investigation," said Toronto police Det. Terry Wray. He added that police would not comment fur-

ther until completing interviews.

Hyndman was co-host of the show with Steven Sabados, who was also his real-life partner. They were co-stars of the original *Designer Guys* show in 2001 as well as *Design Rivals* (2003) and *So Chic* with Steven and Chris (2005) before launching their afternoon talk show.

The pair formed the Sabados Group Inc. in 1992, specializing in event planning, product launches and set design, his CBC biography says.

TO STAR NEWS SERVICE

REMEMBERING CHRIS HYNDMAN

Metro's food columnist Theresa Albert, who worked on Steven and Chris for five years, shares her memories.

"Chris had that special way of making you feel like the only person in the room. I remember arriving at CBC for the show and having him beam his brilliant smile and a 'hey gorgeous!' Chris always set the tone of the show from the minute of arrival as a cheery place to be.

Once, when Steven and I were trying to cook and get important news on sodium conveyed, Chris, who could be counted upon for some hijinks, klutzy maneuver or silly quip; dropped his spoon, pretended to cut himself and then sneakily eat the potato chips on my "Do NOT eat" side of the table. He would do anything just to get my goat and guffaw."

Achin' for bacon? Don't be a turkey

NUTRITION

Brunchers be wary of strips said to be 'better for you'

WORD OF MOUTH

Theresa Albert

myfriendinfood.com



So I'm visiting at a cottage during breakfast when one man says to another, "You should switch to turkey bacon, it's better for you," and I pipe in that I, in my nutrition wisdom, disagree.

It is a common belief that has some merit if all you are assessing is calories.

You would do slightly better with the turkey bacon, but it is a highly processed food and the most popular brands are actually higher in sodium and



carbo-

hydrates

(from corn

syrup). I would

rather see the less pro-

cessed, real food grace your

plate in moderate amounts.

If you really want to win

the breakfast meat wars, go

for peameal

(a.k.a. back

bacon or Canadian

bacon).

Here are the stats:

Turkey bacon (100 grams

or about four slices) has 382

calories, 2,285 milligrams of

sodium, 3.1 grams of carbo-

hydrates and 28 grams of fat.

Bacon (100 grams or about four slices) contains 541 calories, 1,717 milligrams of sodium, 1.4 grams of carbohydrates and 42 grams of fat. Cook until crispy and drain on paper towel to reduce your bacon's fat content.

Peameal bacon (100 grams, about two thick slices) has 157 calories, 904 milligrams of sodium, 1.7 grams of carbohydrates and seven grams of fat.

The truth is that any of these are once a month choices, not twice a week options.

Highly salted, fried meat will never make it into nutrition heaven but it sure makes a cottage smell like it should.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

DRINKS

Cocktail chemistry: Mixing a margarita

LIQUID ASSETS

Peter Rockwell

@therealwineguy



Chemistry was never my strong subject, so when it comes to cocktail construction I'm more than happy to cheat.

Take the Margarita. Invented in Mexico back in 1941, it proved the perfect conduit to bring tequila into the mainstream.

While you don't need to be a rocket scientist to piece together tequila, orange liqueur and lime juice, I've choked down more than a few sad attempts because I just couldn't get the flavour right.



I find using a white tequila like the silky, blue agave-based Sauza Tequila Silver (\$28.98-\$34.99) creates the best flavour balance.

I've had the most trouble finding the lime juice component. Squeezing my own isn't on the agenda, so I've tried just about every supermarket brand with varied success.

My favourite by far is from the Bacardi Mixers line. Non-alcoholic, you can find it in the frozen juice section. Blend with the booze and some ice, and you're good to go.

Prices reflect the range across the country. Some products may not be available in all provinces.

+ IN BRIEF

Splendours of spinach

Found in spinach, thylakoids could curb cravings when consumed in a concentrated formula, according to a new study. Thylakoids are found in the cells that conduct photosynthesis — the process in which plants

convert energy from the sun into energy for them to live. When consumed, they release satiety hormones, which slows fat digestion, according to the study, published in the Journal of the American College of Nutrition. RELAXNEWS

CHEAP EATS

Healthy eating and drinking is cheaper than you think

You might think you can't afford to eat well, so you stock your shelves with the cheap and processed stuff, like packaged ramen noodles.

Leanne Brown, a graduate of New York University's masters program in food studies and policy, however, proves anyone can afford to eat healthy food in her book Good and Cheap: Eat Well On \$4/Day, a guide to eating nourishing, fresh food a budget.

In Good and Cheap, Brown argues that limited funds shouldn't hold you back from eating well because when you're armed with cooking ability, a dash of creativity, and incorporate a bit of planning, the options are endless.

The book doesn't illustrate a strict meal plan, but provides a diverse range of "simple, real food" options centred on fruits and veggies, which you can tailor to your own tastes, or use to spark ideas of your own.

It's got recipes for everything from savoury breakfasts, to sauces, desserts and smoothies. It features grocery shopping tips, pantry must-haves, kitchen equipment basics and a guide to repurposing leftovers.

Check out three of Brown's tips.



Even fruit juices usually contain a lot of sugar. ISTOCK

Skip sugary drinks

You already know soft drinks are straight-up bad for you, but even fruit juices contain a ton of sugar without the benefits of fibre from the whole fruit. When on a limited budget, why spend your funds on something that doesn't benefit your body?

As Brown writes, "Except for milk, most packaged drinks are overpriced and deliver a lot of sugar without filling you up the way a piece of fruit or bowl of yogurt would."

So nix the drinks and stick

with water. If you're looking to mix things up a bit or want something a little sweeter, indulge those cravings by throwing in some chopped fruit, making a smoothie, or drinking tea.

Ask what's in season

If you buy fruits and vegetables out of season, you're usually paying more money for lower quality produce, Brown says.

Instead, stick to buying produce in season, and look for canned or frozen items when out of season. Brown suggests looking for deals on quality zucchini near the end of summer, and stocking up on oranges in December and January.

Buy in bulk

When shopping for foods you eat regularly, or ingredients you'll be able to use in multiple meals, buy in bulk whenever possible, Brown says.

"Buying larger amounts of one item can usually bring down the price per unit. When you're working within a tight budget, you won't always be able to afford to shop for the future, but you should do it when you can."

RACHEL KASHDAN/METRO IN NEW YORK

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172.8, 172.9, 173.0,



GLA 250 built for bumpy roads



REVIEW

Higher ground clearance, AWD are pluses, but interior could be better

Jill McIntosh
For Metro

Mercedes-Benz made its name in North America by selling large luxury cars, but in recent years, the company and its premium-brand rivals have been introducing the smaller and lower-priced models that have been a mainstay in Europe for years. For 2015, it adds an all-new compact crossover, the GLA.

The GLA shares its platform and much of its interior design with the CLA-Class four-door sedan, and is available as my tester, the GLA 250, starting at \$37,200. You can also get the sportier and more powerful GLA 45 AMG, beginning at \$50,500. Both use 4Matic all-wheel drive, but unlike on most Benz products, it runs primarily in front-wheel drive, sending up to 50 per cent of power to the rear wheels only when it determines that they're slipping.

The GLA 250 uses a turbocharged 2.0-litre four-cylinder

engine with seven-speed automatic transmission. It's peppy enough right off the line, but the transmission isn't always smooth. It also shifts into the highest gears as soon as possible for fuel economy, and the GLA can feel a little wrung-out after that initial burst. However, you can use the wheel-mounted paddle shifters for more transmission control.

The ride is very firm, bordering on harsh, but on the plus side, the GLA's all-wheel drive and higher ground clearance actually work very well on rougher roads such as cottage trails.

This is a compact vehicle and so the interior's a bit tight, but the seats are very supportive, and the rear seats fold down to increase the cargo capacity. My tester had several option packages on it, which added such things as automatic climate control, navigation, rearview camera, blind spot monitor, and power lift-gate, bringing it to \$45,175. That also included some handsome optional aluminum trim, but the GLA's cabin includes a lot of hard, plain plastic, and the interior overall didn't quite look as upscale as the price.

Buyers can also consider Mercedes-Benz's B-Class hatchback, which isn't quite as sporty-looking, but comes with the same engine and starts at \$31,300 in front-wheel, or \$33,500 in all-wheel drive.

“

It's peppy enough right off the line, but the transmission isn't always smooth.

THE CHECKLIST | 2015 MERCEDES-BENZ GLA 250

THE BASICS

Type. Four-door, five-passenger compact hatchback
Engines (hp). 2.0-litre turbo four-cylinder (208)
Transmission. 7-speed dual-clutch automatic
Price. Base \$37,200, as-tested \$45,175 (plus destination)

COOL FEATURES

- Automatic engine idle shut-off
- Off-road downhill speed regulation
- Heated windshield washers
- Rain-sensing wipers
- 12-way power-adjustable front seats
- Automatic brake hold
- Available panoramic sunroof
- Available bi-xenon headlamps



JILL MCINTOSH/FOR METRO

POINTS

- The GLA's transmission uses two internal clutches, rather than a torque converter, for faster shifts and better fuel efficiency.
- The optional rearview camera hides under a cover when not needed, providing a clear picture in rain or snow.
- The tablet-style infotainment screen is on top of the dash to keep the user's eyes up and toward the road.

MARKET POSITION

Several premium-brand automakers are offering lower-priced and entry-level vehicles, appealing both to new customers who haven't been able to move into the higher-priced offerings, or existing ones adding a second car alongside a higher-level one.

THE COMPETITION



BMW X1
Base price: \$36,990



Audi A3 Sportback TDI
Base price: \$36,600



Infiniti QX50
Base price: \$34,950

COMBUSTION

Small Audi engine with a big punch

Audi has developed a new 2.0-litre engine with a revised combustion cycle for its new A4 compact sedan, claiming it to be the most efficient engine in the class thanks to a “rightsizing” approach.

With a shorter intake time and high compression, the turbocharged four-cylinder produces 190 horsepower and 236 pound feet of torque while delivering a claimed 4.9 l/100 km.

WHEELBASE MEDIA



+ RENEWABLE ENERGY

G7 leaders commit to end fossil-fuel use, eventually

The leaders of the G7 countries, which include the United States and Canada, say they will use their collective influence to try to end global fossil-fuel consumption by the end of this century.

Their intent, they say, is to cut usage by 40-70 per cent from 2010 levels by 2050, with the remaining consumption to end completely by 2100.

The leaders' declaration called for an end to fossil-fuel

subsidies and investments to encourage the use of renewable energy in developing countries.

\$5.3T

The International Monetary Fund, also a part of the G7, states such subsidies are costing world governments \$5.3 trillion US per year when costs related to climate change are included.

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MAZDA3 sedan
GT model shown

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Next generation of stars takes nothing for granted

HOCKEY

Strome, Marner and Sanheim driven to make world jr. team



Travis Sanheim, left, and Mitch Marner GETTY IMAGES

When Travis Sanheim was cut from Canada's world junior hockey camp nine months ago, the coaching staff told the young defenceman they expected him to be a crucial piece to the 2016 team. He watched his would-be teammates win gold on home ice.

Dylan Strome and Mitch Marner were watching, too, eager to see respective Ontario Hockey League teammates Connor McDavid and Max Domi put on a show on the biggest junior stage.

Those three players and others, including forward Michael Dal Colle and defenceman Jeremy Roy, arrived at Canada's world junior summer camp in Calgary with plenty of expectations on themselves to make the 2016 team, and Strome, Marner and Sanheim should be among the go-to players in Helsinki.

But they're all reluctant to think of themselves as the next

generation of stars because they're several months away from even earning a spot on Canada's roster.

"I don't think you expect anything, and you don't take anything for granted," Sanheim said in a phone interview Monday.

"It's Team Canada. It's the greatest hockey country in the world, and it's going to be a tough team no matter what."

No one cares where you got drafted, no one cares who you got drafted to.

Dylan Strome

The 2015 team was impossible to make, especially for 17-year-olds. Only McDavid, who went first in the NHL draft to the Edmonton Oilers, and winger Lawson Crouse, a fellow top-10 pick, could claim that distinction.

So as disappointed as he was, Sanheim realized why he was one of the final cuts last December, and Strome and Marner got why they were passed over for camp invites. Now they're expected to get big roles and are



Dylan Strome won the OHL scoring title last season with the Erie Otters. AARON BELL/OHL IMAGES

motivated by that.

"We both wanted to make that team," Marner said of himself and Strome. "Such skilful forward lines that when we didn't make it I think we both understood our chances next year. Both of us are on a line this year for this camp."

"We've got to leave our footprint. I think we're both willing to do that."

Leaving a footprint is important because coach Dave Lowry said the summer camp is just the beginning of the evaluation process. Roster spots aren't assured for Strome, the third pick to the Arizona Coyotes, or Marner, who went fourth to the Toronto Maple Leafs, even though they went 1-2 in OHL scoring last season.

"No one cares where you got drafted, no one cares who you

got drafted to," said Strome, who along with Marner scored a goal in Canada's 4-1 win against Russia in exhibition action Monday night. "It's about showing what you got at camp and what you got during the season, and if they think you're good enough to go to (main) camp, then you've got to prove it again at Christmas-time to make the team."

THE CANADIAN PRESS

IN BRIEF

World Rowing to seek viral tests for Rio water

The head of the governing body of world rowing said Tuesday he will ask for viral testing at the rowing venue for next year's Rio Olympics, and he expects all other water sports in Rio to follow suit.

The move comes after an Associated Press investigation last week showed a serious health risk to about 1,400 Olympic athletes who will compete at water venues around Rio that are rife with human waste and sewage. Following AP's study, the World Health Organization advised the International Olympic Committee to analyze viral levels in Rio waters.

"Together with the WHO and the IOC, we're going to follow what they say," Matt Smith, CEO of World Rowing, told AP. "We will ask that viral testing is done. If there is a problem, we will react. It's our moral duty."

THE ASSOCIATED PRESS

Doping allegations a 'declaration of war' against track and field: Coe

Describing the latest doping allegations levelled against track and field as a "declaration of war," Sebastian Coe rushed to the defence of the IAAF's drug-testing system Tuesday and

said it was time to "come out fighting" to protect the reputation of the sport.

In an exclusive interview with The

Associated Press, Coe gave his first extensive comments following reports by German and British media outlets alleging that the IAAF had failed to act on suspicious blood tests involving hundreds of athletes over a 10-year period.

"This, for me, is a fairly seminal moment," said Coe, an IAAF vice-president. "There is nothing in our history of competence and integrity in drug-testing that warrants this kind of attack. We should not be cowering. We should come out fighting." THE ASSOCIATED PRESS



JAYS GET LEGS UP ON TWINS Blue Jay Edwin Encarnacion slides into second base with a double against the Twins' Brian Dozier on Tuesday in Toronto. Josh Donaldson and Troy Tulowitzki hit solo homers and the Jays won 3-1. Toronto has won the four-game series' first two legs and six of its last seven games overall. STEVE RUSSELL/TORSTAR NEWS SERVICE

MLB

Sanchez, Gibbons suspended

Major League Baseball suspended Toronto pitcher Aaron Sanchez for three games and manager John Gibbons for one game Tuesday as part of the fallout of a testy game between the Blue Jays and the Kansas City Royals.

MLB also fined Sanchez an undisclosed amount for intentionally throwing a pitch at Alcides Escobar with warnings in place during the top of the eighth inning of Toronto's 5-2 win Sunday. Sanchez denied intentionally hitting Escobar, arguing his pitch just got away.

If I wanted to send a message I would've sent a message to their big guys.

Aaron Sanchez

Sanchez said he won't speak on the suspension until after his appeal was heard by MLB. "Hopefully they'll chip that down a little bit," said Gibbons

about Sanchez's punishment. "But I think that's kind of automatic too after warnings when you get ejected for hitting a guy."

Gibbons was suspended for returning to the field following an ejection. He missed Tuesday night's home game against Minnesota.

Although he was allowed to set the lineup and address media before the game, Gibbons had to leave the clubhouse area before the opening pitch and was unsure of where in the stadium he'd watch the game against the Twins. THE CANADIAN PRESS



Sebastian Coe GETTY IMAGES

RECIPE Pork Loin with Pineapple Mango Salsa



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Serves 4.

Ready in

Prep time: 20 minutes

Cook time: 20 minutes

Ingredients

- 1lb pork tenderloin
- 1 Tbsp Dijon mustard
- 1/2 cup fresh diced pineapple
- 1/2 cup diced mango
- 3 Tbsp finely diced onion
- 3 Tbsp finely diced red bell pepper
- 3 Tbsp finely diced green bell pepper
- 1/4 cup finely chopped cilantro or basil
- 1 Tbsp freshly squeezed lemon juice
- 2 tsp orange juice concentrate
- 2 tsp honey
- 2 tsp olive oil

Directions

1. Preheat oven to 400 F.
2. In a large skillet sprayed with vegetable oil, sear pork tenderloin for about two minutes per side or until browned. Place on baking sheet lined with foil. Rub mustard all over pork. Bake for about 15 to 20 minutes or until internal temperature reaches 145 F for medium. Let sit covered while preparing salsa.
3. To make the salsa: Place the pineapple, mango, onion, red and green pepper, cilantro, lemon juice, orange juice concentrate, honey and oil in a bowl and mix to combine.
4. Slice the pork into medallions and garnish with salsa.

Nutrition per serving

- Calories 190
- Protein 24 g
- Total fat 5 g
- Cholesterol 75 mg
- Sodium 150 mg

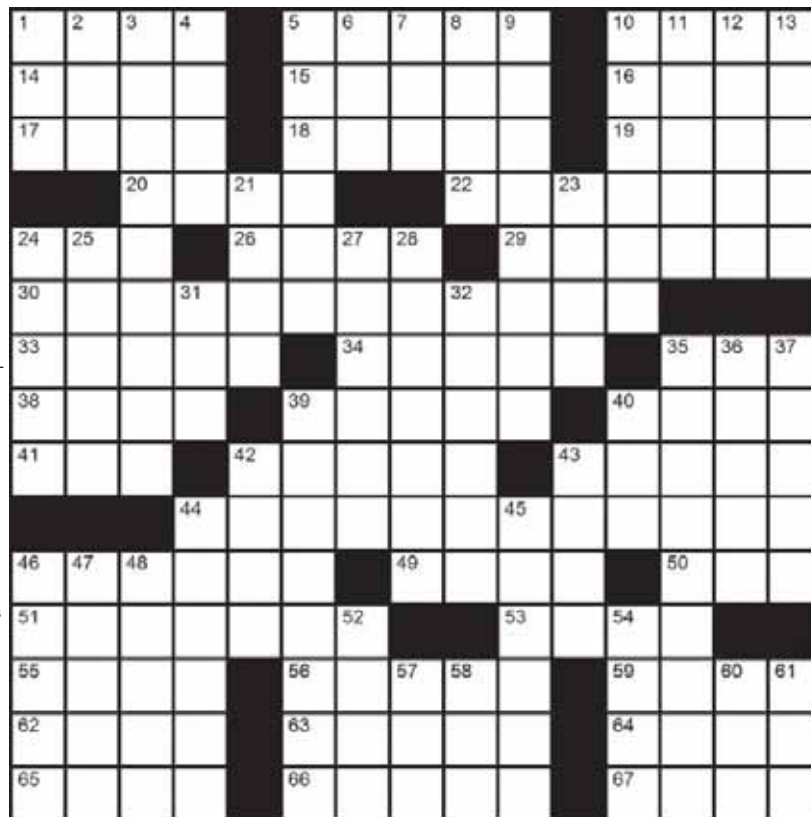
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Bandmate to Anthony Kiedis
5. Camouflage colour
10. Laddie's love
14. Curser's word!
15. Hawkeye State denizen
16. Ruler measurement
17. Not much, just _ _
18. Comb parts
19. Buffalo type
20. Name things on a pad
22. SPF lotion wearer's avoidance
24. "Halo" songstress, to fans
26. Put a 'roof' on a room
29. 1980s hairstyle
30. Concern for a cross-border shopper: 2 wds.
33. Flight segment
34. Persons, places and things
35. Dry, as wine
38. Misjudges
39. Shampooing direction
40. Jane Austen novel
41. Road covering
42. Annoy: 2 wds.
43. Without the extras
44. California setting of Canadian actor Jason Priestley's 1990 to 2000 series: 2 wds.
46. Calm
49. Kaput
50. Sanction



51. Singer/actress Ms. Chenoweth
53. Whispery word
55. Content or data, briefly
56. Abate: 2 wds.
59. Like an acorned tree

62. Elevator, to a Brit
63. Baggy, as clothing
64. Ice mass
65. Not as much
66. Door sign
67. Comparable

DOWN

1. U.S. health-related agcy.
2. Research _
3. Canadian painter, b.1871 - d.1945: 2 wds.
4. _-inflammatory

5. Baby cat
6. Furrow maker
7. _-inspiring
8. Kit _ (Some chocolate treats)
9. Brutish
10. Legally accountable

11. Void
12. Sports game outcome
13. Shall not
21. Stitches reminder
23. Pecans
24. Badger
25. Bonus
27. Light with a match
28. Musician/poet Mr. Cohen from Montreal
31. Howdies
32. Wind moving through tree leaves sound
35. Party conversation: 2 wds.
36. Mr. Hirsch of acting
37. Able, archaically
39. Rise and shine signaller in the military
40. The 'E' in REO, as per REO Speedwagon
42. Fine fellow
43. High degs.
44. Stupefies
45. Fido, when emitting a high-pitch bark
46. Talent
47. Bert's pal
48. Bits of jazz
52. City sign's light
54. Couch
57. Small fry
58. Bring into play
60. Garden pond fish
61. Languish

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
For each thing you have lost over the past few weeks you have gained something much more valuable, and with each apparent failure you have made long-term success more likely.

Taurus April 21 - May 21
You will tell others what you think of them today. However, you could be too honest for your own good. Be truthful about their good points, but play down their bad if possible.

Gemini May 22 - June 21
You have given a lot in recent weeks and you will be expected to give even more today. Where affairs of the heart are concerned there is no limit to your generosity and, somehow, the more you give the more you get.

Cancer June 22 - July 23
These may be difficult times but it's not as bad as you like to make out. Put your work and well-being first today and start doing things that will help make your dreams come true.

Leo July 24 - Aug. 23
No matter how difficult the past few weeks, the next few will more than make up for them. It will start to go right for you again and your confidence will come flooding back.

Virgo Aug. 24 - Sept. 23
If you have any errands to run then get on them now because you won't have time later in the week. Besides, you will want to spend time and energy on more personal things. How's your love life?

Libra Sept. 24 - Oct. 23
Money matters have been a source of both joy and despair in recent weeks. Now you can see what needs to be done to return to profitable ways. So do it.

Scorpio Oct. 24 - Nov. 22
Your mind may be full of big ideas but are they good ideas? You will accomplish more if you focus on one thing at a time and put the rest out of your mind.

Sagittarius Nov. 23 - Dec. 21
Many things you have been worrying about will resolve themselves in your favour. Look back over the past few months and work out where you went wrong. It's never too late to learn.

Capricorn Dec. 22 - Jan. 20
If you get the chance to socialize today you are strongly advised to forget about work and have fun with friends. Later in the month you will become a lot more reserved, so get the most from your social life now.

Aquarius Jan. 21 - Feb. 19
You may have missed out on a chance to move up in the world but will be more opportunities in the near future. People in positions of power are looking to be impressed.

Pisces Feb. 20 - March 20
You seem to have more options than you know what to do with. For a Pisces it can be a problem. Select a goal and stick with it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★★★★★

7/21

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